

ZEM Rejuvenating/Aesthetics focuses on improving people's self-confidence and emotional wellbeing by addressing visible signs of ageing.



Minimum duration of the programme: 7 nights
Recommended duration 14 / 21 nights

All our programmes are personalized and tailored to each guest's needs and physical condition. Each programme includes **accommodation in a Deluxe suite and all the guest's meals from their specific nutritional plan.**

Before starting the ZEM Rejuvenating / Aesthetics programme it is essential that guests undergo the ZEM health check to confirm that the programme is safe and suitable for their specific needs.

Objectives

- * Address the visible signs of aging to achieve one's desired physical appearance.
- * Focus on increasing people's self-confidence as well as their physical and emotional wellbeing

Methodology

- * Advanced techniques to revitalise guests' skin restoring its youthful and healthy appearance
- * Specialities, such as nutrition, Bio-Dental unit or psychology
- * Dermo-aesthetic treatments, facial and body massages, fitness routine and outdoor activities
- * Supervised by a team of medical and aesthetic professionals

Nutritional Plan: Essential

The Essential plan promotes self-awareness to explore and understand the relationship between body and mind. The plan offers guidelines to enable you to choose what you need at any given moment while enjoying a balanced meal based on the Mediterranean diet.

| TOTAL OF SERVICES ZEM Rejuvenating Aesthetics | 7 nights 55 | 14 nights 79 |
|---|---------------|----------------|
|---|---------------|----------------|

| MEDICAL CONSULTATIONS & COMPLEMENTARY TESTS | 7 nights | 14 nights |
|--|----------|-----------|
| ZEM Wellbeing Medical Examination | 1 | 1 |
| Basic Blood Analysis | 1 | 2 |
| Heavy Metals Analysis | 1 | 1 |
| Basic Analysis Essential Nutrients | 1 | 1 |
| Personalised Health Plan Consultation | 1 | 1 |
| Initial Bio-integrative Medicine Consultation | 1 | 1 |
| Test Results and Analysis Consultation | 1 | 1 |
| Final Bio-integrative Medicine Consultation | 1 | 1 |
| Hair Health and Trichology Consultation | 1 | 1 |
| Advanced Rejuvenation and Longevity Medicine Consultation | 1 | 1 |
| Healthy Pro-Ageing Consultation | 1 | 1 |
| Dermo-aesthetics and Cellular Regeneration Consultation | 1 | 1 |
| Dermo-aesthetic and Cellular Regeneration Follow-up Consultation | 1 | 2 |
| Biodental Consultation | 1 | 1 |
| Emotional and Mental Wellbeing Consultation | 1 | 2 |
| Neurocognition and Mental Performance Consultation | 1 | 2 |

| MED TECH TESTS & TREATMENTS | 7 nights | 14 nights |
|--|----------|-----------|
| Facial Scan | 1 | 2 |
| Dermo-Aesthetic Body Scan | 1 | 1 |
| Electrocardiogram | 1 | 1 |
| Bioimpedance Test | 1 | 1 |
| Facial Indiba | 1 | 2 |
| Corporal Indiba | 1 | 2 |
| Whole Body Densitometry | 1 | 1 |
| Hydrfacial | 1 | 2 |
| Intravenous Laser | 1 | 2 |
| DermaVital Serotherapy: Deep Moisturising & Recovery | 2 | 3 |
| OzoneYouth: Rejuvenation and Deep Vitality | 2 | 3 |
| Colon Hydrotherapy | 1 | 2 |
| Hair Mesootherapy | 1 | 1 |
| Ultraformer MPT | 1 | 1 |
| Biodental Cleaning | 1 | 1 |

| NUTRITION | 7 nights | 14 nights |
|--|----------|-----------|
| Nutritional Assessment and Metabolic Bioregulation | 1 | 1 |
| Nutrition Follow-up Consultation | 2 | 4 |
| Personalised Essential Nutritional Plan | incl. | incl. |

| WELLBEING & NATURAL THERAPIES | 7 nights | 14 nights |
|--|----------|-----------|
| Welcome Massage | 1 | 1 |
| Ayurveda Abhyanga Massage | 1 | 2 |
| Spa Experience Sensorial Circuit | 1 | 1 |
| Alchemy of Light and Cocoa Ritual | 1 | 2 |
| Underwater Massage | 1 | 2 |
| Triple Detox (MLX i3DOME) Treatment - Metawell | 1 | 1 |
| MLX Quartz Treatment - Metawell | 1 | 1 |
| RLX Satori Treatment - Metawell | - | 2 |
| Libra Edge Treatment - Metawell | 1 | 2 |
| Signature Facial Treatment | 1 | 2 |
| Oxypro Hyperbaric Chamber | 2 | 2 |
| Facial Cryotherapy | 2 | 3 |
| Slimming Body Treatment | 1 | 1 |
| Rejuvenating Body Treatment | 1 | 2 |
| Unlimited Access to Fitness & Spa Area | incl. | incl. |

| PHYSICAL PERFORMANCE | 7 nights | 14 nights |
|----------------------|----------|-----------|
| Functional Assesment | 1 | 1 |
| Personal Training | 2 | 2 |

| ZEM COLLEGE | 7 nights | 14 nights |
|---|----------|-----------|
| Includes free access to weekly programmed activities for education and prevention, such as: Classes, Workshops, Informative Talks, Yoga and Mindfulness Sessions, and daily Nordic Walks at Finca Althaya.. | | |
| Group Cooking Class | 1 | 2 |

Rates

7 nights from 14.500€*
14 nights from 26.000€*
21 nights from 37.500€*